

our values and beliefs

While we have no creed, we do have values that we use to guide us. Our church affirms and promotes:

1. The inherent worth and dignity of every person.
2. Justice, equity, and compassion in human relations.
3. Acceptance of one another and encouragement of spiritual growth in our congregations
4. A free and responsible search for truth and meaning.
5. The right of conscience and the use of the democratic process within our congregations and in society at large.
6. The goal of world community with peace, liberty, and justice for all.
7. Respect for the interdependent web of which we are a part.

Ours is a covenantal faith between people of diverse personal theologies. Despite our theological differences, we share important core beliefs.

So, what do UUs believe in?

- ♥ right relations with one another
- ♥ wholistic ways of living on and with our planet
- ♥ the power of love and compassion to overcome fear and hate

our mission



We are spiritual seekers with a mission to explore the mysteries of life, embrace life's journey in beloved community, and **engage** the world with hope, love, and justice.

the movement



As Unitarian Universalists, we live our values aloud, not alone. Our church is a member of the Unitarian Universalist Association and the Northern New England District.

a welcoming congregation

We enjoy learning and worshipping with people of every race, ethnicity, ability, gender identity, sexual and romantic orientation, family structure, social background, and age.



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a welcoming congregation



worship services

Unitarian Universalists are spiritual seekers. Our faith that honors your heart, your mind, and your journey. Worship services at First Universalist draw from a variety of spiritual practices. Each week we gather to question, hope, connect, and reaffirm our belief that we must act together to support justice and peace in our world.

Worship Services are held on Sundays at 10:30 AM, September—June.

Once monthly Healing Hearts Services are held on Wednesday evenings.



working for peace & justice

Peace and justice work is how we live our faith in the world. This calling has led us to develop supportive relationships with:

- ♦ Refugees and asylum-seekers
- ♦ People experiencing homelessness
- ♦ The village of Gyepes, Romania
- ♦ The LGBTQ community
- ♦ Environmental organizations

Congregants of all ages and stages assist in this vital work at First U.



spiritual exploration

For Adults - Many adults in our congregation delve into profound explorations of their faith and values through participation in groups at First U:

- ♦ **Small Group Ministry**—sharing in intimate community about spirituality in our lives
- ♦ **Adult Conversation Circles**—facilitated discussions exploring social justice topics and worship themes.
- ♦ **Book Discussion Group**—deep reads on spirituality or justice
- ♦ **Guest Speaker Forums**



spiritual exploration

For Children and Youth - Our children and youth programs encourage spiritual growth and development, create lasting friendships, and invite children and youth to approach the world with kindness and curiosity. Our programs are active, Inclusive, and nurture meaning-making.



Children and youth participate in congregational life at First Universalist by participating in all-ages worship and multigenerational events, and by engaging with their peers in wholistic programs designed for their age and level of development:

- ♥ **Nursery Care** for babies and toddlers
- ♥ **Children's Chapel** for preschool and elementary school aged children
- ♥ **UU Games** for children of all ages
- ♥ **Children's Tea** for children of all ages
- ♥ **Junior Youth** for middle schoolers
- ♥ **Senior Youth** for high schoolers
- ♥ **Our Whole Lives** sexuality education groups are available for children, youth, and adults